

Your personal Mini-Booklet

with 3 Low FODMAP
breakfast recipes



Chia-Pudding

Breakfast | low in histamine



Ingredients

1 tbsp	Chia Seeds
50 g	Coconut Milk
50 ml	Water
2 tbsp	Blueberries
1 tbsp	Pomegranate Seeds
1 tbsp	Pumpkin Seeds
1 tbsp	Almond Butter
Optional:	Mint Leaves for Garnish



Tip: Prepare the night before and enjoy right away the next morning.

Preparation

- 1 **Prepare chia pudding:** Mix chia seeds, coconut milk, and water. Sweeten with rice syrup or stevia if desired. Let the mixture soak in the refrigerator for about 30–60 minutes or overnight.
- 2 **Serving and garnishing:** Top the prepared chia pudding with fresh blueberries and pomegranate seeds. Finish with mint leaves for decoration and serve.

Pumpkin Omelette

Breakfast | low in histamine



Ingredients

50g	Hokkaido
3	Eggs
2 tbsp	Parsley
a pinch	Salt
a pinch	Pepper
5 tbsp	Water
1 tbsp	Coconut oil



Tip: Cut the remaining pumpkin into strips and freeze.

Preparation

- 1 Prepare and steam the pumpkin:** Wash the pumpkin, cut it in half, remove the seeds, and slice off 2-3 narrow strips (about 50 g). Heat coconut oil in a pan, briefly sauté the pumpkin strips, and season with salt and pepper. Add water, cover, and simmer the pumpkin over low heat for about 10 minutes until tender.
- 2 Prepare the egg mixture:** Beat the eggs with chopped parsley and pour over the steamed pumpkin strips. Cover and cook over low heat for about 8 minutes until set. Garnish with fresh parsley and enjoy.

Almond Pancakes

Breakfast



Ingredients

½ tbsp	ground Flaxseeds
2 tbsp	Almond Flour
1	Egg
¼ tbsp	Baking Powder
a pinch	Salt
½ tbsp	Ceylon Cinnamon
40 ml	Almond Milk
1 tbsp	Coconut Oil
1 tbsp	Almond Butter
½	Banana
1 tbsp	Blueberries
1 tbsp	shredded Coconut

Preparation

- 1 Prepare the batter:** Mix all the dry ingredients in a bowl. Add the egg and almond milk, and stir until smooth. Let the batter rest for about 5 minutes.
- 2 Cook the pancakes:** Heat 1 tsp of coconut oil in a pan. Add the batter in portions and cook each side for about 1–3 minutes over medium heat until golden brown.
- 3 Serve and garnish:** Top the cooked pancakes with almond butter, blueberries, banana, and shredded coconut, and enjoy.

Note

You can customize the described recipes with different fruits, seeds, nuts, and toppings. There are no limits to your creativity!

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